

## Running the Sprint Distances:-

Running is just as natural as walking but the trouble is that most people don't run - they don't have it.

Stella Walsh. Polish - American runner of 1930 started off by repeating exercises under the direction of her father - lifting knee as high as possible and then snapping the leg out in front. She did this hundreds of times and it helped it develop a long stride. Free striding action, the greatest difficulty for girls to overcome. Action from the hips with a shoot of the lower leg forward before the foot is put down. Needed in dancing - in a smooth fox-trot so that if you aren't too keen about running think of what it will do to your dancing hips.

An adequate length of stride can be produced by patience and by proper methods of practice.

Try taking the same number of steps on short sprints - an exact number of strides to fit the distance - be able to produce it with mechanical regularity.

N.B. start walking - same no. of strides walking - increase the pace (grad.)

There is not to waste time in the air by taking too long a stride.

There are two styles of sprinting. One calls for the cross-arm swing.



and shoulder shrug; invented by the late Sam Mussabini - the other is the American style, which is marked by a high pick-up action of the knees and a forward swinging arm punch which helps to force the body along.

### Mussabini Style:-

Grasp a baton at either end, with a hand turned with the palms toward the body (knuckles out). While running the arms will now swing lightly across the body. This action is aided by a definite and conscious shrug of the shoulder - that is the right shoulder is raised as the hands swing to the right - left to the left.

Work the arms vigorously and take the shortest possible strides.

Low carriage of the hands. Looseness is one of the secrets. Head is your ruler - set it straight for the tape.

### American - Driving action.

Straight arm action, strong, quick drives, work hard and fast but relaxed. The arms move straight out & back like the piston of an engine. The arms should be bent, hands clenched, and the knuckles of the two hands should be kept from about 4"-5". The elbows should never wander away from the body like a pair of wings.



### Use the Shoulders:-

The combined movements of the arms & shoulders will help you to sprint more efficiently.

The Head should be inclined forward in line with the body and should be kept still.

The Head Acts as a Rudder.

### Sprints.

Seven things to remember.

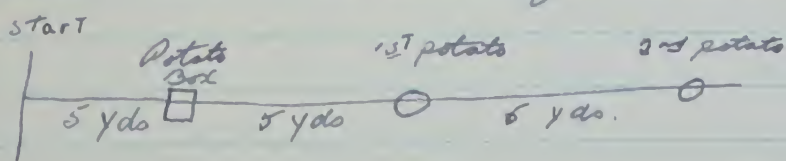
- (1) Run Straight - Learn to run ten yards correctly and the rest will follow.
- (2) Run on the toes - Practise walking on the toes, skipping and hopping. All these actions will strengthen the muscles you will use when sprinting.
- (3) Keep the ft. as near the ground as possible. Don't raise the knees too high or kick up the heels behind. Run with a light springy stride, but don't bounce, it wastes time & energy.
- (4) The body must lean forward. This will help you to increase your speed and to run on your toes.
- (5) Use your arms vigorously - this includes your shoulders.
- (6) Tuck in your hips - let your legs swing from the hips.
- (7) Use your head to steer you forward - keep on running beyond the finish line.

### III Potato Race - T.I. Form. Total dist 70 yds.

Values: Same as I + II.

(A) Supplies needed & marking required.

Potato box. <sup>2</sup> Potatoes for each team.



### (B) Explanation.

Runner runs to 1<sup>st</sup> potato & puts it into potato box. Then runs to second potato runs to potato box and touches it and then returns to either 1<sup>st</sup> potato circle or 2<sup>nd</sup>.  
Take potato in box and return it to the empty circle and then return to starting line and touch next runner.

### Knin Potato Race.

Values - Same as gr.

Distances - From starting line to potato box - 10 yds.  
" box to 1<sup>st</sup> potato box - 10 yds.

Intervals of 2 yds between 3<sup>rd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> potatoes.

Thus potatoes are placed at 10, 12, 14 & 16 yds. from the box.



Athletics.  
How To Succeed.  
Chp. I - Style.

Athlete like workman because he

1. takes pride in his work.
2. keeps tools in good condition
3. uses his tools the right way.

Result - work done quickly, easily & well.

(1) Athlete does things because he likes them.

(2) " (A) keeps his body clean.

(B) Gives the body plenty of fresh air.

(3) Good style - learns how to get the best results with least amt. of effort.

Not easy - weeks & months of practise but must be done correctly.

Chp. II - The Sprints.

The commonest event in sports is the sprint. Helps in long jumps, high jumps & hurdles etc. learn how to sprint first. — running should be easy.

1. Run straight.
2. " on toes.
3. Keep feet near ground.
4. Body must lean forward.
5. Use arms vigorously.
6. Shrug shoulders well.
7. Head should be inclined forward in line with the body.

## The Start:

A good start is a great help in winning the race.

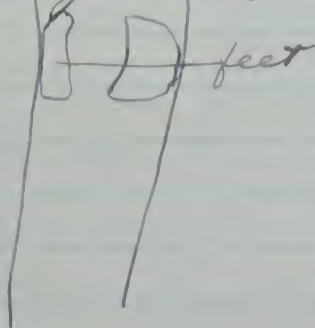
The Crouch Start - there are two separate positions.

1. On your marks - comfort.
2. "Set set" - attention.

### 1. Setting to your marks.

Stand with the feet close to - gether and just touching the starting line. Mark the outside of each foot. Through these two marks, draw lines at right angles to starting line. Starting holes on these lines.

Starting line.

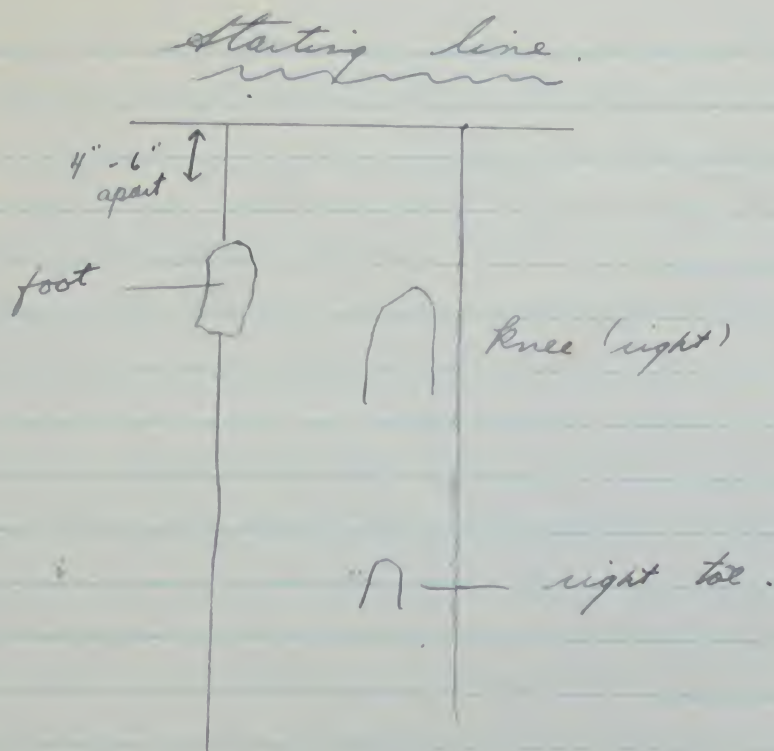


Place left foot on left line just made, about 4 to 6" behind starting line. (Distance varies according to length of leg.)

Kneel on right knee, placing knee close to the ball of the left foot.

Place <sup>5</sup> fingers of each hand on starting line, the width of the body apart, the thumbs pointing inward, the remaining fingers well apart and <sup>30°</sup> pointing away from body.





The starting holes are dug in the places on the lines where the toes of both feet rest.

These should be

- (1) just as wide as one's running shoes.
- (2) deep enough to take all spikes in running shoes.
- (3) upright at the back (especially one farthest away from starting line)
- (4) and sloping line where first stride will be.

## 2. Getting Set.

On the command "set" - raise right knee off the ground, and throw whole weight of the body on the left leg and hands, at same time looking at a point just in front of starting line where 1<sup>st</sup> stride will be.

At the crack of pistol, spring from starting holes, and get into correct style at once.

Don't raise body too quickly at start — do it gradually with each stride, taking from 25-30 yds. to reach correct position.

### The Finish.

Practice finish as carefully as any other part of race. Biggest effort should be made in last 10 yds. Correct style should be kept fast the tape for 10 yds.

### The drop finish:

This consists of thrusting body forward from hips, when about two strides from the tape.

### Summary.

#### Set.

1. Correct position of hands on starting line.
2. Feet well in starting holes.
3. Wt. of body on hands and left leg.
4. Body nearly // with ground.
5. Head down & eyes looking just in front of starting line.

#### Start:

1. A spring from starting holes.
2. Vigorous use of arms & shoulders.
3. Correct style straight away.
4. Gradual raising of body to correct angle (about 75°)



Finish:-

1. Biggest effort during last 10 yds.
2. Chest style right past tape.
3. Gradual easing up.

### Chapter III. The Middle Distances.

To decide whether a boy should attempt the  $\frac{1}{4}$ -mile or  $\frac{1}{2}$ -mile races three factors should be considered:-

1. Physical fitness.
2. Suitability of body.
3. Knowledge of the right method of running.

If one is not in good condition no distance should be attempted.

If unduly distressed after running it is usually that one is not built for the distance or the style is wrong. For the former shorter distances should be used, for the latter this can be overcome.

For a better style the running will be easy and as the distances are greater, the easier you can run, the greater will be the chances of running without undue fatigue.

In a  $\frac{1}{4}$  or  $\frac{1}{2}$  mile race one must know how to run the race.

There are two ways to run the  $\frac{1}{4}$  mile — the sprinter way & the  $\frac{1}{2}$  mile way.



## The Sprinter Way.

- Divide the race into 3 parts: -
1. A sprint at the start for about 50 yds.
  2. Easy striding in the middle.
  3. A sprint at the finish for about 70 yds.

1. Practice rough start for easy get-away. Try to secure inside place because bend is often near the bend so several yds. at least.

Must have a 2-yd. lead before crossing in front of another runner. This applies to any part of the race. If not it may lead to disqualification.

2. In the 2<sup>nd</sup> stage of race settle down to an easy, springy stride. Not always a long stride. One that calls for less amt. of effort. Bounding along wastes energy. Easy striding will relieve you from effects of 1<sup>st</sup> sprint and will prepare you for final sprint home. During this part of race arms should be dropped a little & swing easily at the sides. Vigorous arm action wastes energy. Body inclined slightly forward, which will tend you to run more on the ball of the ft. then in sprinting and will lengthen the stride.

If at head try to keep it. If at 2<sup>nd</sup> or 3<sup>rd</sup> keep it because from there it is easier to decide when to begin final sprint home.